



Resources for Healthy Snacks

The following is a list of selected resources on snack ideas and recipes for children. These resources, and many others, are available through the Office of Child Nutrition's Nutrition Resource Library.

A Tool Kit for Healthy School Meals. U.S. Department of Agriculture, 1995. Some portions available at: www.nalusda.gov:8001/Training/train.html

Breakfast and Snack Basics: A Guide for Child Care Providers. Florida Department of Citrus, 1995. *Designed to help child care providers develop a healthy and tasty selection of breakfast and snacks for kids.*

CACFP Menus and Recipes for Children. New York State Department of Health, 1996. *Includes 15 days of menus (breakfast, a.m. snack, lunch, p.m. snack) and 38 recipes.*

Celebrating Diversity: Approaching Families Through Their Food. Arlington, VA: National Center for Education in Maternal and Child Health, 1994. Ordering information at: www.ask.hrsa.gov/detail.cfm?id=MCHJ024

Child Care Recipes, Food for Health and Fun. U.S. Department of Agriculture, 1999. Available at: www.fns.usda.gov/tn/Resources/buildingblocks.html

Choose Healthy Snacks – Nutrition & Activity Education Program Based on the US Dietary Guidelines, Levels 1-5. Healthy Choices for Kids, Growers of Washington State Apples, 1995.

Connecticut Cooks for Kids: A Collection of Recipes from Childcare Providers Throughout Connecticut. Ellen L. Shanley, M.B.A., R.D., Colleen A. Thompson, M.S., R.D., and Susan S. Fiore, M.S., R.D. Connecticut State Department of Education and the University of Connecticut, 1996. *Recipes include CACFP meal pattern contribution and nutrient analysis.*

Cycle Menus for After-School Snacks (U.S. Department of Agriculture): Includes menus for both traditional and limited kitchen facilities.
www.fns.usda.gov/cnd/CyclesMenu/CycleMenus.htm

Food, Family and Fun – A Seasonal Guide to Healthy Eating. U.S. Department of Agriculture, 1996. *Family recipes including nutrition information. Ordering information and online version at: www.fns.usda.gov/tn/Resources/foodfamilyfun.html.*

Great Tasting Snacks. Linda Fox Simmons, Nutrition and Health Training Alternatives, 1990.

Healthful Menus and Recipes for Children Over 2 Years of Age in the Child and Adult Care Food Program. Pennsylvania Department of Education, 1996. *A comprehensive guide to meal planning in the CACFP, including cycle menus, recipes, information on nutrition and food safety.*



Healthy Food for Healthy Kids: A Practical and Tasty Guide to Your Child's Nutrition. Bridget Swinney. Meadowbrook Press, 1999.

Healthy Heart Snack Choices Resource Guide. Cornell Cooperative Extension, 1996. *Provides child care programs with a comprehensive collection of healthful, tasty snack recipes for children. Includes recipes, games and parent information. All recipes are CACFP creditable.*

Healthy Recipes Made From Fresh Vegetables at the Farmers Market. Vermont Nutrition Education and Training Program, Winter 1994.

Healthy Snacks: Low Fat, Low Sugar, Low Salt. Susan Hodges, Warren Publishing House, Inc., 1994. *Includes nutrient analysis information.*

Healthy Snacks for Kids: Creative Treats, Drinks and Meals You Can Prepare in a Jiffy. Penney Warner, Bristol Publishing Enterprises, 1989.

Heartland Child Nutrition, Inc. Cookbook. Heartland Resources, Mandan, North Dakota, 1991. *Recipes indicating contributions to the Child Care Food Program meal pattern.*

Kids Cook! Fabulous Food for the Whole Family. Sarah Williamson and Zachary Williamson, Williamson Publishing, 1992. *Over 150 recipes. Also features nutrition notes, safety tips and food trivia.*

Kids in the Kitchen. New England Dairy and Food Council, 1996. *Resource to help kids cook. Includes: "The Chef in Me" and camera-ready handouts on snacking and snack recipes.*

Let's Celebrate: A World of Healthy Foods. West Virginia Department of Education, Office of Child Nutrition, 1996. *Resource to help expand students' opportunities to learn healthy eating skills by exploring a variety of multicultural foods. Includes ideas and recipes for both classroom and cafeteria.*

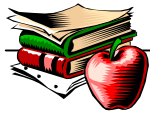
Let's Party – Party Ideas for School and Home. West Virginia Department of Education, Office of Child Nutrition, 1994.

Mrs. Beeton's Healthy Eating: Making More of Vegetables. Ward Lock Publishers, 1994. *Creative ways to serve vegetables. Includes tips on buying produce, cooking methods and an A to Z listing of vegetables, their varieties and preparatory hints.*

Multicultural Snacks. Susan Hodges, Warren Publishing House, 1995. *Contains 75 recipes from 38 different countries. Each chapter is dedicated to a different type of food and to the different ways that same food can be prepared. Includes CACFP meal pattern information.*

Nibble, Slurp and Crunch: Creditable Snacks that Deal with Themes (CACFP). Child Nutrition Unit, Pennsylvania Department of Education, 1991.

Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up. Mollie Katzen and Ann Henderson, Tricycle Press, 1994.



Quick Meals for Healthy Kids and Busy Parents. Sandra K. Nissenberg. Chronimed Publishing, 1998.

Recipes to Grow On. Central Minnesota Child Care, Inc., 1984. *Recipes for feeding preschool children in family day care homes, child care centers and nursery schools. Contributions to CACFP meal pattern components are indicated.*

Summertime Snacks: Recipes and Menu Ideas for the Michigan Summer Food Service Program. U.S. Department of Agriculture.

Snack Smart. Florida Department of Education, 1992. *An educational unit designed for use with K-8 grades. Includes six lesson plans coordinated with the 1990 Dietary Guidelines and pre/post test for evaluation. Includes student activity worksheet and recipes designed to encourage healthy snacks with decreased sodium, fat and sugar.*

Snack Stars: Personal Exploration into Nutritious Snacking - Teacher's Guide. National Dairy Council, 1993. *Includes interdisciplinary lessons. Teaches five food groups approach for primary grades.*

Snack Treks: Adventure in Healthy Eating - Teacher's Guide. National Dairy Council, 1993. *Intermediate grades.*

Snackin' Smart – Fun Activities and Recipes Your Kids Will Love to Eat. State of Ohio Department of Education, 1996. *Snack recipes and activities to encourage children to share cultural preferences for food, to develop eye-hand coordination and to discuss food groups by association, categorization and sequencing.*

Snacks for the Young Child. Child and Adult Care Food Program, U.S. Department of Agriculture, Mountain Plains Regional Office, 1991.

Snack Ideas for Day Care Centers. Maryland Department of Health and Mental Hygiene, 1982.

Snacktivities! 50 Edible Activities for Parents and Children. MaryAnn F. Kohl and Jean Potter. Robins Lane Press, 2001.

Super Snacks: Seasonal Sugarless Snacks. Jean Warren, Warren Publishing House, Inc., 1992. *Includes CACFP meal pattern crediting information.*

Teaching Snacks: Snacktime Learning Opportunities. Gayle Bittinger, Warren Publishing House, Inc., 1994.

The Joy of Snacks: Good Nutrition for People Who Like to Snack. Nancy Cooper, DCI Publishing Co., 1991.

The (No Leftovers) Child Care Cookbook: Kid Tested Recipes and Menus for Centers & Home-Based Programs. Jac Lynne Dunkle and Martha Shore Edwards, Redleaf Press, 1992. *All recipes met CACFP Guidelines.*



The Taming of the C.A.N.D.Y. Monster: A Cookbook to Get Kids to Eat Less Junk Food. Vicki Lansky, The Book Peddlers, 1982.

USDA Recipes for Child Nutrition Programs (National Food Service Management Institute):
Includes all USDA recipes for Child Nutrition Programs.
www.nfsmi.org/Information/recipe_index_alpha.html

What's Cookin' – A Collection of Recipes from Nebraska Day Care Home Providers. Nebraska Department of Education, 1991. *Contributions to CACFP meal pattern components are indicated.*

What's Cookin' II – A Collection of Recipes from Nebraska Day Care Home Providers. Nebraska Department of Education, 1997. *Contributions to CACFP meal pattern components are indicated.*

After-School Snack Program Information

Afterschool Snacks: A Food and Nutrition Resource List for Child Care Providers. Food and Nutrition Information Center, September 1999.
www.nal.usda.gov/fnic/pubs/resource99.html

Afterschool Snacks Fact Sheet. U. S. Department of Agriculture, 2002.
www.fns.usda.gov/cnd/Governance/AfterschoolFactSheet.htm

Afterschool Snacks in the National School Lunch Program – Basic Questions and Answers. U. S. Department of Agriculture, 2002. www.fns.usda.gov/cnd/Afterschool/NSLP_QA.htm

Make USDA Snacks A Healthy Part of Your Afterschool Care Program! U. S. Department of Agriculture, 2002. www.fns.usda.gov/cnd/Afterschool/afterschool.article.htm

Reimbursement Rates for Afterschool Care Snacks in NSLP and in CACFP.
www.fns.usda.gov/cnd/Lunch/Governance/Notices/Naps01-02.htm#AFTERSCHOOL%20SNACKS

To borrow materials, or for any additional information regarding nutrition resources, please contact:

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